



Design and Technology Knowledge Organiser

UKS2 - Food: Cooking and Nutrition. Healthy Muesli Bars



Designer Link:

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Kellogg's cereal bars



Technical Vocabulary

Chop: cut (something) into pieces with repeated sharp blows of an axe or knife

Mix: combine or put together to form one substance or mass

Stir: move a spoon or other implement round in (a liquid or other substance) in order to mix it thoroughly

Grate - reduce (food) to small shreds by rubbing it on a grater

Grease and line - to line a container with parchment and oil/butter to prevent the food from sticking to the container.

Appearance: how the food looks to the eye

Texture: how the product feels in the mouth

Nutrition: the study of food and how it works in your body. Nutrition includes all the stuff that's in your food, such as vitamins, protein, fat, and more. It's important to eat a variety of foods, including fruits, vegetables, dairy products, and grains, so you have what you need to grow and be healthy.

Nutritional value: the measure of a well-balanced ratio of the essential nutrients, carbohydrates, fat, protein, minerals and vitamins in items of food.

Key Knowledge: Food Groups and a Healthy and Varied Diet

In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups. Too much of any one food group is not healthy for us.

Fruit and vegetables – Eat lots! About 5 portions per day.

Good for vitamins, minerals and fibre.

Fresh, tinned and frozen all count.

Carbohydrates – Eat plenty! Include in every meal.

Good for energy (carbohydrates), vitamins, minerals and fibre.

Proteins – You should eat about 2-3 portions per day.

Good for muscle-building (protein), vitamins and minerals.

Dairy – You should eat about 2-3 portions per day.

Good for muscle-building protein, vitamins and minerals.

Fats and Sugars – Only eat occasionally and in small amounts.

Good for energy and fat reserves in. Cut down on saturated fats from animal products and use plant oils instead. Try not to eat processed foods that contain high levels of fat and sugar.



Health and Safety

Wash your hands carefully before and after working with food.

Remove any jewellery and tie back long hair.

Follow your teacher's instructions carefully.

Use all resources, tools and equipment correctly.

Handle sharp objects such as knives, graters and peelers safely.

Food skills:



MEASURE



PEEL



CUT, CHOP,
SLICE, DICE
& TRIM



CORE



MIX, STIR &
COMBINE



Cutting using the claw technique



Cutting using the bridge technique